



# ARE YOU AT RISK FOR DIABETES?

About 1 in 3 Adults in Iowa Have Prediabetes and Most Do Not Know They Have It

## RISK FACTORS

- **AGE** Over the age of 45
- **BODY MASS** Having excess weight or being overweight
- **FAMILY HISTORY** If a parent or sibling has type 2 diabetes
- **EXERCISE** Little to no physical activity (under 3 days a week)
- **BIRTH WEIGHT** Delivering a baby over 9 lbs. or if you had gestational diabetes
- **HORMONES** Having polycystic ovary syndrome (PCOS)
- **RACE** African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

## WHAT CAN I DO?

You can start by taking the 7-question Prediabetes Risk Test. Your answers will give you your level of risk for developing prediabetes or diabetes. Visit [doihaveprediabetes.org](https://doihaveprediabetes.org) to take the test. Depending on your score, you may want to talk to your doctor about your risk of getting diabetes. It is also a good idea to schedule a doctor's appointment to get a blood test.

## HOW COMMON IS PREDIABETES?

Prediabetes is a diagnosable condition where your blood sugar level is higher than normal but not high enough to be diagnosed as type 2 diabetes. About 1 in 3 adults in the U.S. have prediabetes and about 8 out of 10 people with prediabetes do not know they have the condition. About one-third of the adult population in Iowa is estimated to have prediabetes.

## DOES DIABETES AFFECT MY HEART?

Yes, type 2 diabetes puts you at a higher risk for a heart attack or stroke. It can also cause problems with your kidneys, nerves, feet, and eyes. If you address prediabetes at an early stage by making small lifestyle changes, you can stop diabetes before it starts.

## IS THERE A PROGRAM TO HELP ME?

Iowans with prediabetes can get help to prevent type 2 diabetes. The Diabetes Prevention Program (DPP) is a free, lifestyle change program that helps prevent, or delays, type 2 diabetes. The 12-month program supports you to reach your health goals. You can participate online, in-person, using distance learning, or a combination of online and in-person.



LOSE WEIGHT &  
GAIN STRENGTH



LEARN HEALTHY  
EATING HABITS



BECOME HEALTHIER  
OVERALL



REDUCE RISK OF  
TYPE 2 DIABETES

*// I would absolutely recommend the program. It's a motivator and educator. When you start getting some results, that also adds to your incentive. //*

—Karla, Former Prevent2 Participant from Central Iowa

VISIT [DPRP.CDC.GOV/REGISTRY](https://DPRP.CDC.GOV/REGISTRY) TO FIND A FREE, IOWA DPP